



Exercise and Technology

Technology can track your activity , create a great workout playlist , keep you organized and teach you new moves . Did you know that “Sitting “ is the new smo

FITNESS ACTIVITY TRACKERS

Fitness Activity Trackers are a new way to track your physical activity and they continue to improve. Research has shown that people who wear one MOVE MORE . Fitness Trackers are very sophisticated and can measure anything from your walking to your sleep patterns .

FITNESS AND NUTRITION APPS

A smartphone can be very helpful in tracking your fitness and nutrition goals .

If you are social you can also connect to a community of people . If you go to your iPhone or Android app store and type in Fitness , it will give you many options that are user friendly and fun to use .

Helpful Websites :

<http://www.pcmag.com/article2/0,2817,2404445,00.asp> : How to choose the right fitness tracker .

<http://greatist.com/fitness/best-health-fitness-apps>

<http://www.digitaltrends.com/mobile/best-health-and-fitness-apps-for-iphone/>

<http://www.digitaltrends.com/mobile/best-fitness-apps-for-android/>



Top Fitness Trackers

1. Fitbit Charge 2
2. Garmin Fore-runner
3. Fitbit Blaze
4. Misfit
5. Apple Watch